

H1N1 (SWINE FLU)

SYMPTOMS

Symptoms of flu include fever over 100 degrees F orally, plus other symptoms such as chills, cough, sore throat, runny/stuffy nose, headaches, muscle aches, fatigue, nausea, vomiting or diarrhea.

TESTING

Rapid influenza test kits may not be accurate in diagnosing the H1N1 virus. The County Public Health Department recommends that no routine testing be performed in outpatient clinics and diagnosis should be made by the presenting symptoms of the patient.

TREATMENT

The County Public Health Department's current recommendations are to treat ill patients who are considered high risk for complications of the flu or have close personal contact with someone who is high risk. High risk individuals who are not ill may receive antiviral medication to be taken to help prevent disease, if they have close personal contact with someone who has fever and flu-like symptoms.

High risk individuals include;

- Children less than 5 years old.
- Persons age 65 years or older.
- Children and adolescents (age 6 mo – 18 yrs) who are receiving long-term aspirin treatment (at risk for Reye syndrome)
- Pregnant women
- Persons who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular or metabolic disorders.
- Persons who have immunosuppression (including immunosuppression caused by medications or by HIV).
- Residents of nursing homes and other chronic-care facilities.

“Close personal contacts” include household members, roommates or intimate contacts.

Students who have a fever and other flu-like symptoms should contact the Campus Health Center for an appointment or come in to the Campus Health Center. In care of severe symptoms or after hours, students should go to the nearest Emergency Room or Urgent Care Center. Emergency warning signs that need urgent medical attention include;

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Students with fever and flu-like symptoms should avoid close contact with others and stay at home for seven (7) days after the start of illness.

Students with fever and flu-like symptoms that live in the dorms but are unable to go home must stay in their dorm room for seven days after the start of illness. Dorm residents may leave their room for essential reasons (such as going to the restroom), but must wear a mask. The student must not go to other rooms, lounges, dining facilities, or classes.

Students who are ill with a cold or flu-like symptoms but without a fever should avoid close contact with others and stay at home or in their dorm room for a few days until feeling better. If a fever develops, then follow the guidelines above.

To prevent the spread of germs that causes the flu and colds;

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after your cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth.

Please consult the CDC website for additional information; www.cdc.gov/swineflu.